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Italy offers ancient wonders aplenty. 16

THE BEST NEW TV THIS MONTH

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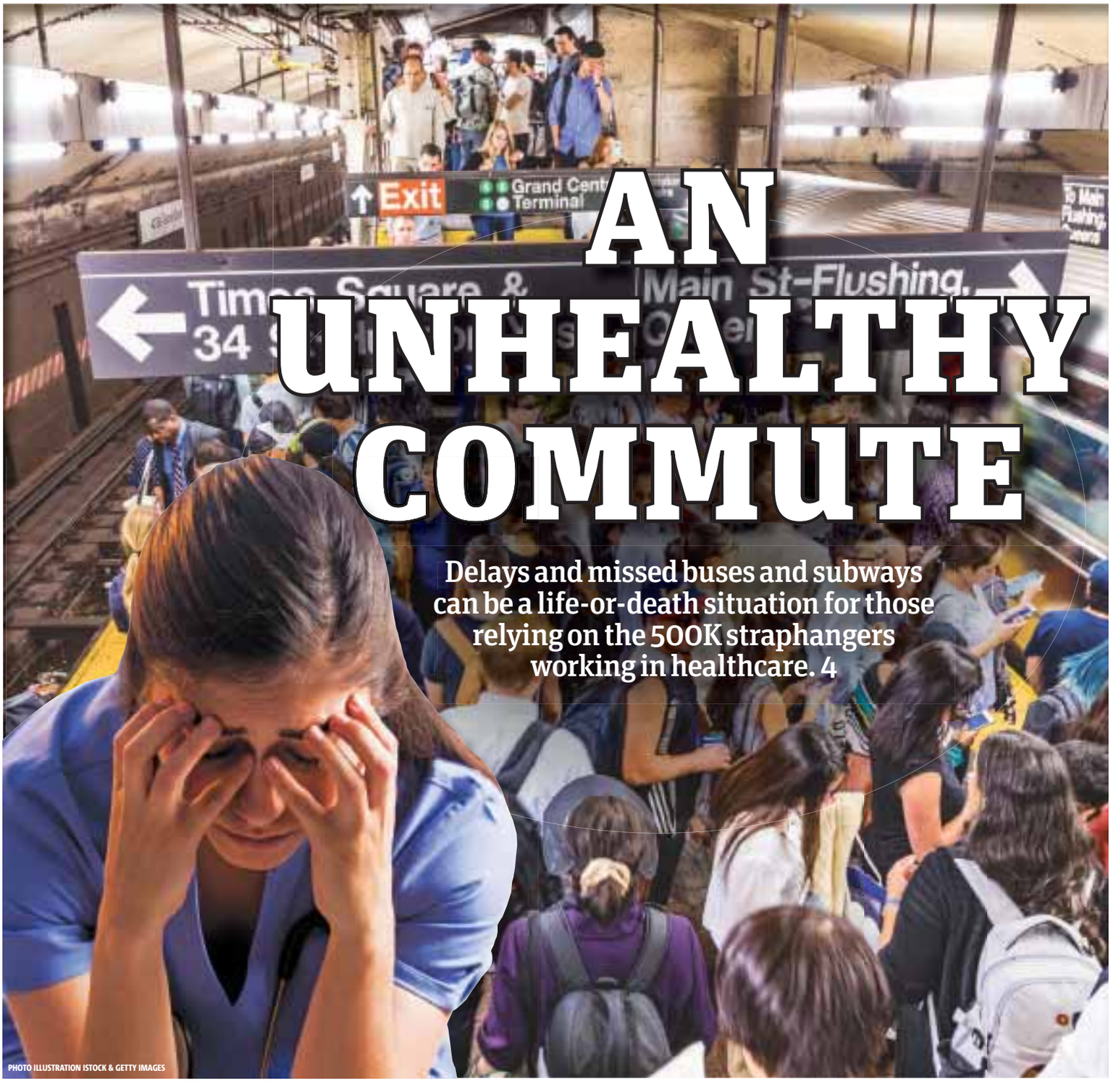


AN UNHEALTHY COMMUTE

Delays and missed buses and subways can be a life-or-death situation for those relying on the 500K straphangers working in healthcare. 4

PHOTO ILLUSTRATION ISTOCK & GETTY IMAGES

WELCOME TO METRO.US

NIKKI M. MASCALI, REPORTER

While many straphangers are increasingly frustrated with the city's transit crisis, the Center for an Urban Future argues that New York's healthcare workforce is hit hardest — and can see a detrimental impact on their patients and careers due to late or overcrowded trains and buses. Find out more on page 4 and get more local news at **metro.us.**

OFFICIAL: US MISSILE TEST UNSUCCESSFUL

1 The U.S. military carried out an unsuccessful test to shoot down an incoming dummy missile from Hawaii on Wednesday, a U.S. official said, amid heightened concerns about North Korea's developing missile and nuclear program. The official, speaking on the condition of anonymity, said a SM-3 Block IIA missile was launched from an Aegis Ashore test site in Hawaii, but failed to hit another missile launched from an aircraft. It was unclear why the test failed and an analysis was underway, the official said. The missile, which is being developed by Raytheon, is used to target intermediate range missiles. The Missile Defense Agency did not comment on the outcome of the test, but confirmed that one had taken place. An intercept test for the missile last June also failed, but there was a successful test in early 2017.

FBI HAS 'GRAVE CONCERNS' OVER GOP MEMO

2 The FBI said on Wednesday it had "grave concerns" about the accuracy of a top-secret House Intelligence Committee memo alleging anti-Trump bias within the Justice Department, challenging President Donald Trump's pledge to release it. But a few hours after the rare public rebuke by the top U.S. law enforcement agency, a Trump administration official said the memo was likely to be released on Thursday. "The FBI was provided a limited opportunity to review this memo the day before the committee voted to release it," the FBI said in a statement. "As expressed during our initial review, we have grave concerns about material omissions of fact that fundamentally impact the memo's accuracy." The memo has become a lightning rod in a partisan fight over investigations into alleged Russian meddling in the 2016 U.S. election.

5 THINGS YOU NEED TO KNOW

THE JANUARY SUPER BLUE BLOOD MOON IS VISIBLE IN THE UK

3 A supermoon rises behind St. Paul's Cathedral on Wednesday in London, England. The super blue blood moon is a rare combination of a supermoon, a blood moon and a blue moon all simultaneously occurring.

GETTY IMAGES

GLOBAL SPORTS CORRUPTION INVESTIGATED: NYT

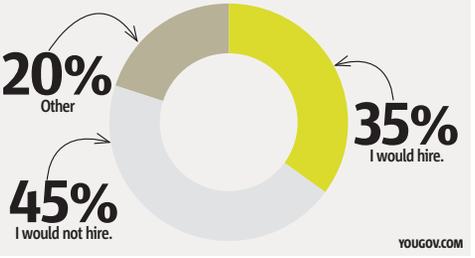
4 U.S. federal prosecutors are conducting an extensive investigation into global sports corruption, including at FIFA, the world governing body for soccer, and the international and U.S. Olympics organizations, The New York Times reported on Wednesday, citing a grand jury subpoena. As part of the probe, the Justice Department is looking at possible racketeering, money laundering and fraud charges related to two track and field world championship events and the business executives who have consulted on bids for various other elite competitions, according to the subpoena, the Times reported. The investigation is being conducted by the U.S. Attorney's Office for the Eastern District of New York in Brooklyn, which has previously investigated FIFA and doping in Russia. An Attorney's Office spokesman declined to comment.

PROSECUTORS DROP CASE AGAINST SEN. MENENDEZ

5 The Justice Department has dropped its bribery case against Democratic Sen. Bob Menendez, lifting a cloud that had hovered over his expected 2018 re-election bid and removing a potential distraction for his party in a key election year. Menendez, a longtime fixture of New Jersey politics, was accused of accepting gifts from a wealthy benefactor, ophthalmologist Salomon Melgen, in exchange for official favors. His first trial ended last year in a mistrial after a jury could not reach a unanimous verdict, and federal prosecutors had said this month they would seek to retry him. "From the very beginning, I never wavered in my innocence and my belief that justice would prevail," Menendez said in a statement. "I am grateful that the Department of Justice has taken the time to re-evaluate its case and come to the appropriate conclusion."

MARIJUANA SMOKERS

If you were an employer, would you or would you not hire someone who is otherwise qualified for a job if their drug test came back positive for marijuana?



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New report: Healthcare workers bear brunt of city's transit woes

A new study details how the transit crisis affects healthcare workers and what can be done to help.

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Thousands of New Yorkers face uncertain commutes on a near-daily basis amid the city's transit crisis, but a new report shows that healthcare workers may have the worst commutes of all.

The Center for an Urban Future (CUF), a public policy think tank, on Wednesday released "An Unhealthy Commute: The Transit Challenges Facing New York City's Healthcare Sector." The study details not only how the transit crisis affects the industry that consists of 500,000 New Yorkers, the majority of which live in the outer boroughs, but also offers recommendations for ways to address the issues.

"All New Yorkers have good reason to be frustrated with the city's transit system right now, but the city's healthcare workers arguably have it worst," Jonathan Bowles, executive director at CUF, said during a news conference.

According to the study, healthcare workers have the longest median commute at 51.2 minutes — and they saw that commute times increased faster than in any other industry, with an eight-minute jump between 1990 and 2015, while other workers saw a three-minute increase.

Anna Couch-Superville of Staten Island works as a home health aide, and her commute involves three trains, two buses and the Staten Island ferry — and usually takes 2 1/2 hours.

Like many straphangers, Couch-Superville is often late to work because of delays and overcrowding, which in healthcare "creates a ripple effect and puts patients at risk," said Maria Castaneda of the 1199 SEIU National Healthcare Workers Union. She added that some healthcare workers have faced terminations for lateness, which also causes their co-workers to stay late because "it's a 24/7 job."

Making new investments in bus and subway service outside Manhattan, expanding bus service, adopting a congestion pricing plan and having a key portion of funds go toward outer-borough transit investments are among the CUF's 15 recommendations.

"The state-and-MTA-run subway system is broken, and the state and MTA need to fix it," Jaclyn Rothenberg, deputy press secretary for Mayor Bill de Blasio, told Metro when asked about CUF's study.

"Improving the commute of every single New Yorker is our aim and our focus — that includes better bus service, advocating to get our buses through crippling congestion and the Subway Action Plan to immediately provide riders greater service reliability," the MTA said.

STATS ABOUT HEALTHCARE STRAPHANGERS

Over the past decade, healthcare jobs increased by **55 percent** in Brooklyn, **39 percent** in Queens, **18 percent** in the Bronx, **15 percent** in Manhattan and **10 percent** in Staten Island.

500,000 healthcare workers in NYC.

65 percent work outside Manhattan.

84 percent live outside Manhattan.

35 percent of major healthcare employers are more than eight blocks from a subway station.

87,706 healthcare workers take the bus — more than retail and food service workers combined.

Jonathan Bowles, executive director of CUF, speaks at a news conference outside the City Hall 4/5/6 subway station Wednesday. NIKKI M. MASCALI

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Report: Brooklyn Bridge among NY's 'structurally deficient' bridges

The Brooklyn Bridge is among more than 1,800 "structurally deficient" bridges in the state. GETTY IMAGES

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A study looked at infrastructure across the country, and the state has the 10th-highest number of deficient crossings.

Have you walked or ridden over the Brooklyn Bridge lately? The iconic infrastructure is one of the oldest roadway bridges in the country — and it's structurally deficient, along with more than 1,800 other bridges in New York state, according to a report.

Of the about 17,450 bridges in New York, 1,837 — or 10.5 percent — are classified as "structurally deficient," according to data from the American Road & Transportation Builders Association.

Parts of the Gowanus Expressway and the Belt Parkway are also on the list. In total, 22 of the 25 most-traveled structurally deficient bridges in the state are in New York City (though that list includes data from the now-demolished old Kosciuszko Bridge).

Of all the structurally deficient-deemed bridges in the state, 188 are on the Interstate Highway System and 841 are "posted for load," according to the report, meaning that bridge has a specific weight limit posted on a sign, limiting the size and weight of vehicles that can cross it.

"Structurally deficient" means that one of the bridge or elevated roadway's key elements is in "poor or worse condition," per Federal Highway Administration standards.

A structurally deficient bridge is not likely to collapse, according to the state Department of Transportation, but does often require significant maintenance to repair its condition or improve functionality.

The state has actually identified needed repairs for 17,437 bridges, according to the American Road & Transportation Builders Association, adding even more onto that infrastructure price tag.

All these bridge repairs will cost $67.7 billion, New York state officials estimate.

Bridge investment has been a large focus of the state, accounting for about two-thirds of all highway and bridge contracts over the past five years. The national average for that portion is 29 percent.

Over the past 10 years, 1,450 new bridges have been conducted by the state and 750 have undergone "major reconstruction."

The report was part of a larger effort by the American Road & Transportation Builders Association looking at bridge infrastructure across the country.

In total, more than 54,000 bridges in the United States are rated "structurally deficient" — bridges that Americans cross 174 million times a day.

New York state ranked No. 10 out of the entire nation in terms of the number of structurally deficient bridges and No. 14 based on the percent of bridges with that rating.

10.5%

OF THE ABOUT 17,450 BRIDGES IN NY, 10.5 PERCENT ARE CLASSIFIED AS "STRUCTURALLY DEFICIENT."

Harlem HOPE Center breaks stigmas surrounding mental health in black community

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"In many cases, this is their first time disclosing trauma," Rev. Kyndra Frazier, the managing clinician, said.

Many people who battle mental health issues face stigmas that could prevent them from seeking the help they need, but one city organization is at the forefront of changing that for residents of Harlem — and, perhaps, beyond.

The HOPE (Healing On Purpose and Evolving) Center, a mental health facility created by Harlem-based First Corinthian Baptist Church, is celebrating its one-year anniversary this month, and looking back, Rev. Kyndra Frazier, its managing clinician, has been astounded by the center's community support and influx of those seeking its services.

"I already knew that the state of mental health in the black community was impoverished because of many stigmas that we fight against to seek support, but people are flocking to this space in a way that I haven't experienced before," she said. "In many cases, this is their first time disclosing trauma, and they're speaking in what's not only a clinical space but also a spiritual space. Those are huge protective factors for the folks who come here and are looking how to journey through their depression, anxiety and PTSD."

> ***"...a model for other faith-based and community-based organizations for what it looks like to expand mental health resources in other boroughs and cities."***
>
> Kyndra Frazier, on what she hopes the HOPE Center becomes.

While some innovators, what the HOPE Center calls its patients, address opioid addiction, the main issues the facility has treated through its individual, couples and family counseling are depression, anxiety and PTSD.

For Chris, 37, a father of three who became an innovator soon after he was released from prison, the center has helped him reintegrate back into his family and community.

"I came to church, and they were talking about how mental health is just as important as physical, financial and spiritual health," he said. "I think it was the perfect time because I was really trying to heal. It's helped me confront the issues that I've had."

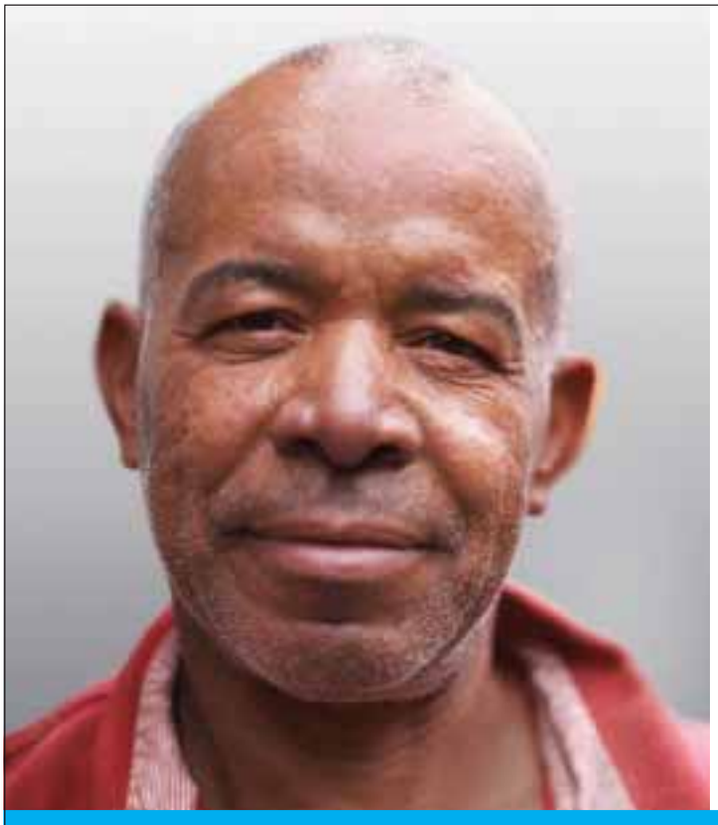
"People are flocking to this space in a way that I haven't experienced before," said Rev. Kyndra Frazier, the managing clinician of the HOPE Center and a First Corinthian pastor. NIKKI M. MASCALI

More than 350 innovators have come to the HOPE Center so far, ranging in age from early 20s to late-50s, and about 40 others are waitlisted. Services are free for up to three months.

Eventually, Frazier hopes the HOPE Center becomes "a model for other faith-based and community-based organizations for what it looks like to expand mental health resources in other boroughs and cities," she said.

But until then, she'll continue welcoming innovators to "come in here and sit with me as their therapist, who happens to be one of the pastors at the church, which doesn't mean I have all the answers, but I'll journey with you to discover all the answers already living inside you."

Visit hopecenterharlem.org for more info.



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NYC Boy Scouts welcome first female member

The Staten Island Cub Scouts have welcomed their first-ever female member.

Grace Gaffney, a fourth grader, is now a Cub Scout in Pack 88 in Saint Charles Church in Staten Island, the Greater New York Councils of the Boy Scouts (GNYC) announced on Wednesday.

GNYC, a local council of the Boy Scouts of America that serves the New York City area, also announced that girls from kindergarten to fourth grade are officially eligible to join Early Adopter Cub Scout packs.

"Here in New York City, with so many kids that don't have any kind of programs, I personally and professionally believe there are lots of girls that want to be Girls Scouts and do the kind of things Girl Scouts do, and I think that's great — we have a good relationship with the Girl Scouts here," said Ethan Draddy, scout executive of the Greater New York Councils.

The Greater New York Council of the Boy Scouts is officially letting in girls through an early program before the change rolls out nationwide. U.S. AIR FORCE PHOTO/RELEASED

"But there are also little girls that aren't in any program and they want to do the things their brothers do or they want to be outdoors doing outdoor programs," he added. "For those girls, the Boy Scouts of America has decided to open up the Cub Scout program to include them."

New York City was one of the select scout councils allowed to start recruiting girls right now, Draddy added, before the national program rollout this coming fall.

Draddy said that he hasn't heard any controversy around the decision in the city and that he's excited to open the program to see young girls get the same benefits from Scouts as boys do.

"Scouting values and activities help to develop strong character and leadership qualities, and our programs, as well as the Scout Oath and Scout Law, are as relevant for girls as they have been for boys," he said. KRISTIN TOUSSAINT

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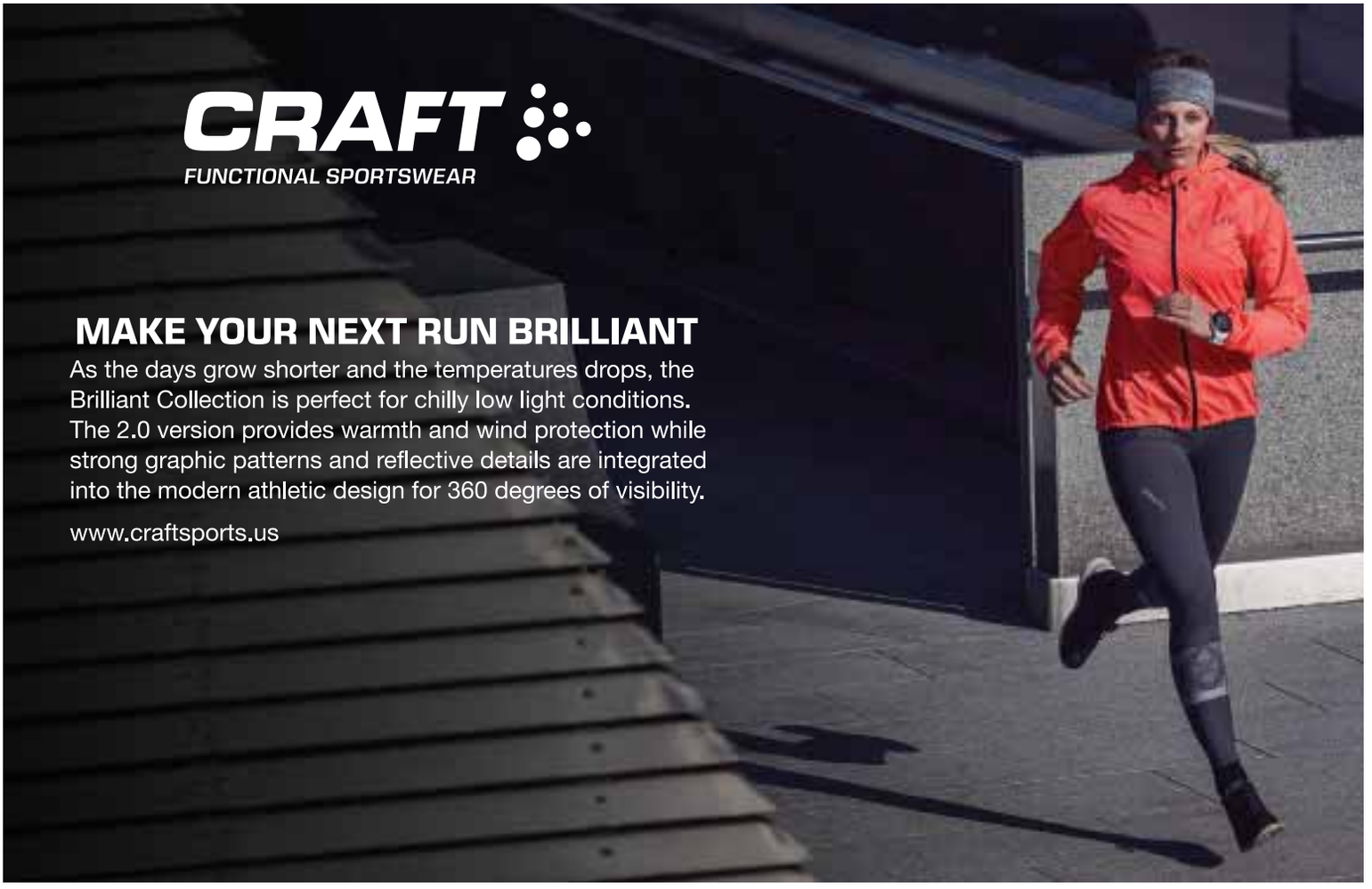
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Trump administration let Russian spy chiefs visit with intelligence director

MICHAEL MARTIN
letters@metro.us

One is banned from the U.S. That's not the only reason officials said the meeting was unusual.

Moscow and the U.S. have shared information on terrorism in the past, but the process is not usually so robust or close. GETTY IMAGES

Two Russian spy chiefs traveled to Washington to meet with CIA director Mike Pompeo last week, even though one of them is banned from the U.S. because of sanctions, new reports said.

Pompeo met with Sergey Naryshkin, the head of Russia's Foreign Intelligence Service (SVR), and Alexander Bortnikov, who leads the FSB, the modern equivalent of the Soviet spy outfit KGB, The Washington Post reported.

The meeting raised eyebrows for three reasons: It was announced by Russia's ambassador and reported on by the Soviet news agency TASS before it was reported in the U.S.; the main attendee was supposed to be barred from the country; and current and former U.S. intelligence officials told the Post they can't remember so many Russian spy and security officials meeting with the U.S. at once.

The meeting wasn't noticed at the time but was announced by Moscow's ambassador to the U.S., Anatoly Antonov, on Tuesday — the same day that the White House announced that further Russian sanctions passed by Congress would not be enacted. The White House did release a list of Russian oligarchs potentially subject to sanctions on Tuesday, but it was criticized as sloppy and cobbled together from sources such as Forbes magazine.

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One dead in crash between truck, train of lawmakers

An Amtrak train carrying Republican members of the Congress from Washington to a retreat in West Virginia slammed into a garbage truck on Wednesday at a rural Virginia road crossing, killing one person on the truck, authorities said.

No serious injuries were reported among the lawmakers or their staff on the train, the U.S. Department of Transportation said. There was one death and one serious injury among those on the truck, it added.

Amtrak said two crew members and three train passengers were hospitalized with minor injuries after the crash in Crozet, Virginia. One of those, Rep. Jason Lewis of Minnesota, was examined for a possible concussion.

"I'm fine compared to, tragically, the truck drivers, and thankful for the prompt action of our doctors and first responders. My thoughts are with the family of the driver who passed away," Lewis told Reuters.

The aftermath of the Wednesday morning train crash in rural Virginia.
ALBEMARLE COUNTY POLICE/TWITTER @ACPD_VA

The train was taking lawmakers to an annual retreat being held this year in White Sulphur Springs, West Virginia, just west of the Virginia state line. Amtrak said the collision occurred at 11:20 a.m. in Crozet, a tiny town between the college town of Charlottesville, Virginia, and White Sulphur Springs.

Sen. Bill Cassidy, a doctor, said he and other lawmakers who are physicians tended to the injured until emergency personnel arrived.

The truck was on the tracks at a crossing when the crash occurred, Amtrak said. Video from the scene showed the truck afterward, with trash strewn around it.

The Republican retreat, an opportunity for lawmakers to discuss politics before November's midterm elections, was scheduled to go until Friday. President Donald Trump was due to attend on Thursday. REUTERS

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1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453.

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5 Must-see series to watch this February

It used to be that the early months of the year were a sort of no man's land for television. But no more. This month, there are tons of new series coming to the screen, and a few old ones coming back. Here are the ones we're most looking forward to. **RACHAEL VAUGHAN CLEMMONS**

MINDY TUCKER/HBO

"2 Dope Queens" *(Feb. 2 on HBO)*

Jessica Williams and Phoebe Robinson started from the bottom (shows in the basement of Union Hall in Brooklyn), now they're here (a star-studded, very well-lit HBO special). The very funny pair's appeal has always been their easy familiarity with each other, and their shows on HBO prove these besties are still on fire. Besides, when else can you witness two black women coming together to talk about the misadventures of their daily lives, their celebrity crushes and host a slew of other comedians to do largely the same?

"Everything Sucks!" *(Feb. 16 on Netflix)*

There will always be an audience for stories about high school misfits. At least, Netflix is counting on it. "Everything Sucks" is 2018's "Fresh Off the Boat" styled answer to the "Freak & Geeks"-shaped hole in your heart, complete with freaks, geeks, cool kids and, of course, an AV club. Plus, it's set in 1996 — the perfect time period for those millennials who want to hark back to their version of the good ol' days.

SCOTT PATRICK GREEN/NETFLIX

NETFLIX

"Altered Carbon" *(Feb. 2 on Netflix)*

A sexy neo-noir cyberpunk thriller filled to the brim with diverse characters and James Purefoy? Yes, please. "Altered Carbon" makes for an enjoyable — albeit at times, confusing — watch. Plus, it's the perfect show to binge if you've got about 10 hours to spare. Come for the shirtless Joel Kinnaman and "Blade Runner 2049"-worthy outerwear; stay for the dizzying amount of twists that'll make you think — wait, what the hell just happened?

"Mozart in the Jungle" *(Feb. 16 on Amazon Prime)*

Another season of sex, classical music and pint-size hunk Gael Garcia Bernal awaits. Good thing "Mozart in the Jungle" has always been the perfect bingeing fare — the plots never too heavy, the drama always lightened by the comedy of errors we call life and, oh, have we mentioned the genius of Garcia Bernal? This season promises all the feels, too. "Most of the time, I think it's a comedy. And then every so often it becomes a tragedy," showrunner Will Graham says. "[This season] is more emotional and more complicated and sophisticated." Count us in.

SARAH SHATZ/AMAZON

Winter Olympics 2018

(Feb. 9 on NBC)

Oh, yeah — the Winter Olympics are kicking off this month too, bringing together the qualities many of us hold near and dear to our hearts: athleticism, sportsmanship and a fleeting pride in one's country. For the rest of us, there's always the spectacle known as curling to keep us cheering from the comfort of our own homes.

GETTY IMAGES

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Martha Higareda highly recommends binge-watching 'Altered Carbon'

"It's interesting how everything works in a magical way," - Actress Martha Higareda on getting cast in the new Netflix series "Altered Carbon". ASHLEY BARRETT.

The Mexican actress talks playing tough as nails police officer Kristen Ortega and the perks of working with Joel Kinnaman.

PAT KING
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Netflix's next big, binge-worthy series is the futuristic cyberpunk murder-mystery "Altered Carbon," out Friday, Feb. 2. Based on the sci-fi novel by Richard K. Morgan, the series does a wonderful job bringing the author's complex vision to the screen while delivering heart-racing action scenes and memorable characters. And yes, that includes magnetic police officer Kristin Ortega, played in true bad-ass fashion by Martha Higareda.

Despite being a huge sci-fi fan, the Mexican actress had never read Morgan's "Altered Carbon." But it was certainly on her radar. "It's interesting how everything works in a magical way," Higareda explains over the phone. "I love going to [the bookstore] because I love books. I see all of these different titles and I take pictures of them and write myself a list of books to read. So three or four months before I got the show, I had this book written on my list because science fiction is one of my favorite genres."

With such a complex plot that tackles the end of mortality, Higareda explains that Ortega is one of the only characters in the bleak world of Bay City that truly values her life and given body.

"She's always on the edge because this is the only body she has had and this is the only life that she's had," she says. "She's literally living this to the core and to the fullest. [Joel Kinnaman's] Kovach has lived many lives. He's seen it all. He's sort of cold in a way. Ortega is the opposite of him."

Shot entirely in Vancouver, Washington, the series took nearly nine months to complete. During that time, Higareda became great friends with Kinnaman and found a new respect for his acting skills. "It was fantastic! I learned so much from him," she says. "He's extremely talented and so gifted as an actor and very committed to his craft. He would question every scene from his character's perspective. It was truly exciting and fun to be working with him."

NETFLIX

With all of the episodes premiering on Netflix, how does Higareda think viewers should tackle such a dark and dense sci-fi thriller like "Altered Carbon"? In her mind, bingeing is always the best plan of attack.

"What happens mostly in any science fiction is that they immerse you into their world in the first few minutes or, in our show's case, the first episode," says Higareda. "it's fascinating to me because at the same time you are getting all of this information with the visuals that make you feel like you are in this amazing world."

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The Western Bacon Cheeseburger GETTY IMAGES

What you need to know about Carl's Jr.

things to do

The chain's first Manhattan store is now open at 425 Seventh Ave. GETTY IMAGES

The West Coast burger chain has arrived in Manhattan — and it's not quite the brand you think you know.

EVA KIS
eva.kis@metro.us

West Coast burger chain Carl's Jr. has made its Manhattan debut not with gimmicky promotions, but a play.

Now open just down the street from Madison Square Garden at 425 Seventh Ave., Carl's Jr. introduced itself by commissioning what is in all likelihood the first-ever play about a fast-food chain starring its own Happy Star mascot. He arrives in the city with a dream — of acting, until he's forced to fill in for a temperamental celebrity chef and discovers his talent for cooking.

Buttermilk biscuits at Carl's Jr. EVA KIS

Quirky, self-deprecating and looking to distinguish itself in the crowded fast-food market pretty much sums up today's Carl's Jr.

"New York is the culinary heart of America," says Jason Marker, chief executive officer of Carl's Jr. "It is where you test yourself to see if you really belong. We believe we can redefine what fast food is — fighting words, I know."

Here's what you need to know about the newest burger player in town.

About the burgers

The chain, which also has a location in Coney Island, is known for charbroiling its burgers, which gives them a noticeably smoky flavor — it also helps that all their beef is Black Angus.

The Western Bacon Cheeseburger earns its accolades with generous slabs of bacon and a barbecue sauce every bit as addictive as the mysterious "special sauce" of the competition.

The chain also dropped a new menu item in time for its Manhattan debut: a generously sized slider made with two beef patties and cheese at the tempting price of $1.50.

The best of the rest

Even if you're familiar with Southern-style biscuits, they're executed so well here that breakfast is the clutch time of day. With a golden crisp exterior and fluffy insides, the buttermilk biscuits are kneaded by hand and baked fresh every 15 minutes. Put it this way: Biscuits and gravy is the chain's top seller in the mornings.

Also brag-worthy are its super juicy flash-fried chicken strips. Its milkshakes start with real ice cream and hand-churned with various toppings — look out for a Jolly Ranchers option coming in April. And barbecue potato chips are a promising item still in the development process.

Cheers to 10 a.m.

Need some hair of the dog with your hangover food? Carl's Jr. serves Brooklyn Brewery beer (among others) and wine, all available starting at 10 a.m. As one employee summed it up: "If you come from the club, come to Carl's Jr. — we got a beer for you!"

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Make the right play

We've got your game plan for the best Super Bowl parties around the city.

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For the full list, visit **metro.us**

Take in the game with a funky menu at Bounce Sporting Club (left) or in the Irish pub/lounge/sports bar McGettigan's on Super Bowl Sunday. PROVIDED

Bounce Sporting Club
As much nightclub as sports bar, Bounce Sporting Club is where you want to be if the Super Bowl is your biggest day of the year. The Flatiron bar will be doing a special edition of its Sunday Funday party with live dancers and a DJ, the big game on all of its many screens and its full menu with items like Cap'n Crunch-Crusted Chicken Nuggets. *55 W. 21st St.*

Boulton & Watt
Doors open at 10 a.m. at Alphabet City gastropub Boulton & Watt — no judgement on when you kick off your Super Bowl Sunday. Watch the action on seven TVs throughout the bar, with all drafts $7 and picklebacks $9. *5 Ave. A*

Brooklyn Bowl
There's no cover to watch the game at Brooklyn Bowl in Williamsburg, with specials like $5 Coney Island Pilsners and $6 frozen margs all night. If you're in an eating mood, $30 gets you access to an all-you-can-eat Super Bowl Buffet (starting at 5 p.m.!) that includes five kinds of wings, pulled pork, cornbread, chicharones, mac & cheese balls and more. *61 Wythe Ave., Brooklyn*

Atwood Sports Bar & Lounge
Patriots fans will find a home away from home at Atwood Sports Bar & Lounge, which is going head-to-head with its rival bar across the street Turtle Bay, where Eagles fans roost. Between 15 TVs and a 12-foot projector screen, you'll see the action from any seat, and anytime the Patriots score a round of red and blue shots will be passed around. Expect tons of swag giveaways and a DJ before and after the game. *986 Second Ave.*

Tender
Hit up the Sanctuary Hotel's upscale sports lounge Tender for Super Bowl LII, with TVs and three projector screens and a Touchdown Package for $65pp that gets you your own pitcher of beer, an appetizer platter, and best of all, guaranteed seating. *130 W. 47th St.*

Libation
You won't miss a moment surrounded by 25 big screens at clubby restaurant Libation, and at halftime everyone gets unlimited draft beer until the keg kicks. Doors open at 5:30 p.m. with a $10 cover and specials including 50 cent wings until the end of the game. *137 Ludlow St.*

McGettigan's
Hybrid Irish pub-sports bar-upscale lounge McGettigan's will screen the game on 19 TVs and a large projector screen, with buckets of wings for $15 and buckets of five beers for $20-$25. For groups of 4-6, go for the Touchdown Package with nachos, sliders, quesadillas and wings plus two buckets for $150. *70 W. 36th St.*

Resorts World Casino
Watch the game on the largest screen in Queens at Resorts World Casino's newly renovated event hall. Their free (with RSVP) watch party starts at 5 p.m., with former NFL player Sean Landeta and Marc "The Moose" Malusis greeting fans and giving live commentary during the game. A VIP ticket gets you two drinks and food vouchers, plus guaranteed seating. *110-00 Rockaway Blvd., Jamaica*

The VNYL
Need 36 feet of football action in surround sound? You'll find it at downtown's three-floor bar/club The VNYL, plus beer-and-shot specials, $12 wings and nachos, and more game day food. And if you need a break from the action, just head to another floor! *100 Third Ave.*

Slate
A $10 cover gets you a vodka open bar from 5-6 p.m. to get the party started at Slate. Play a round of pool or other bar games before kickoff on all 40 TVs, plus two 20-foot ultra HD media walls, with a live DJ taking over during commercials. *54 W. 21st St.*

Massoni
Dale Talde's pizza joint Massoni at the Arlo NoMad has you covered with three hours of unlimited beer, wine, nachos, meatballs and pizzas for $59. *11 E. 31st St.*

Pig Beach
Check out the new indoor space at Pig Beach in Gowanus, where you can watch the game with an all-you-can-eat pulled pork and wing buffet for $50 (also includes two drinks). *480 Union St., Brooklyn*

February is National Heart Month
Let's Wipe Out Heart Disease Together

"Go Red" Community Heart Health Fairs will be held on **Friday, February 2, 2018, from 11 am-2 pm** at the following locations:

The Mount Sinai Hospital
1468 Madison Avenue
Guggenheim Pavilion,
Main Lobby
Contact:
Dion Harrigan
212-241-6146

Mount Sinai Union Square
10 Union Square East
Atrium, 2nd Floor
Contact:
Lena Chang
212-420-4746

Mount Sinai St. Luke's
1111 Amsterdam Avenue at 114th Street
Babcock Lobby,
Main Lobby
Contact:
Joan Joseph
212-523-2023

Mount Sinai West
1000 Tenth Avenue at West 58th Street
Main Lobby
Contact:
Wendy O'Brien
646-745-5725

Mount Sinai Queens
25-20 30th Avenue,
Ambulatory Pavillon,
5th Floor
Contact:
Ana Rodriguez
718-808-7726

Mount Sinai Heart

For a full event listing, visit: **mountsinai.org/GoRed**

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COMEDY

Something to Wine About

Sommelier Laurie Forster made a name for herself as the author of Sipping Point: A Crash Course in Wine and in entertainment, where she uses a mix of honesty and conversational humor to help demystify wine for the masses. Now, she's bringing that openness and wit to City Winery for a comedy show about being a working mom in the booze business, accompanied by five tastings that will leave audience members a little tipsy but definitely a lot wiser about wine.
Feb. 1, 7-9 p.m., City Winery, 155 Varick St., $50, citywinery.com

MUSIC

Heart and Soul

This Friday at Carnegie Hall, Hamilton star James Monroe Iglehart (Jefferson/Lafayette) joins Steven Reineke and the New York Pops for Heart and Soul, a tribute to the best of R&B from its origins through today. The Tony Award winner (as Genie in Broadway's "Aladdin") will share the stage with Capathia Jenkins ("Newsies") for hits like Al Green's "Let's Stay Together" and Whitney Houston's "I'm Every Woman," backed by a full symphony orchestra.
Feb. 2, 8 p.m., Carnegie Hall, "881 Seventh Ave., $21-$140, nypops.org

ANIMATION

Animation First

The French Institute Alliance Francaise is launching the country's first-ever French animation film festival this weekend. There will be 12 premieres, from children's pieces to a cine-concert with live piano accompaniment. After hours, there's late-night Erotic Animation. In addition to screenings, there's everything from gaming demos to panels with leading industry artists.
Feb. 2-4, French Institute Alliance Francaise, 22 E. 60th St., $7-$20, fiaf.org/animation

STYLE

Manhattan Vintage Clothing Show

Part fashion show, part pop-up shop, the Manhattan Vintage Clothing Show offers a featured exhibit and over 70 vendors selling rare apparel, accessories and textiles from across the past century and around the world. This year's central collection is curated by Marilyn Kirschner, former fashion editor of Harper's Bazaar. Vintage style aficionados may especially enjoy her advice: Buy unique items you love on the spot, figure out how to wear them later.
Feb. 2-3, Metropolitan Pavilion, 125 W. 18th St., $15-$20, manhattanvintage.com

ARTS

PROVIDED

Five Elements of War

A 7-foot portrait of Vladimir Putin created out of bullet casings is the centerpiece of Five Elements of War, a free art exhibit at the Ukrainian Institute of America drawing attention to one of the largest conflicts in Europe since WWII. In addition to the portrait, made of casings directly collected by the artist-activists during the uprising against Russia, there are four more large-scale, tactile works featuring items collected from the front lines, from documentation to shrapnel.
Through Feb. 4, Ukrainian Institute of America, 2 E. 79th St., free, ukrainianinstitute.org

SKATING

Soul On Ice: Winter Skating Party

Head up to Harlem for an afternoon of ice skating to pure soul music at Central Park's Lasker Rink. The Soul On Ice: Winter Skating Party will feature free skate time in addition to shows from the local ice skating groups, as well as food, raffles and music from DJ Whutever of Power 105.1. Your ticket includes skate rentals and supports local community organization Figure Skating in Harlem.
Feb. 3, 1:30-3:30 p.m., Lasker Ice Rink, 110 Malcolm X Blvd., $15, figureskatinginharlem.org

IMMERSIVE

Movie Musical Party: The Little Mermaid

If you wanna be where the people are this Sunday, slap on some seashells and stroll along to the Bell House for an under-the-sea singalong party themed to Disney's The Little Mermaid. Rest assured, this animated classic's best moments won't stay 2-D; they'll come to life around you through costume contests, trivia games and interactive movie moments a la Rocky Horror. Yes, you're fully encouraged to wear your mermaid tail, or anything that screams nautical hottie.
Feb. 4, 7 p.m., The Bell House, 149 Seventh St., Brooklyn, $12-$15, thebellhouseny.com

LITERATURE

Judy Blumesday

Molly Ringwald, Julie Klausner, Phoebe Robinson and more celebrities are throwing an epic birthday party for Judy Blume, one of the most influential coming-of-age authors for young women, and we're all invited. Judy Blumesday at Symphony Space is a star-studded night of adults-only reminiscing and readings, including a rare appearance by Blume herself.
Feb. 4, 6 p.m., Symphony Space, 2537 Broadway, $26-$76, symphonyspace.org

T. MICHELLE MURPHY

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Italy for beginners

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RICHARD SILVERSTEIN
letters@metro.us

We get it — you don't have unlimited vacation days or a bank account brimming with euros. But there's never been a better time for a trans-Atlantic trip, because airfare's just as cheap as a roundtrip flight cross-country. So skip an a California Pizza Kitchen and opt for the original.

To maximize your first visit, focus on the holy trifecta: Rome, Florence and Venice (and then you can come back for more). Here are our top picks in each.

In the name of the father: Rome

Known as "The Eternal City" for over 2,000 years, the capital is home to Italy's ancient "best of." Chances are this is where your journey will start or end (perhaps both!), so be sure to tack an extra day onto your itinerary to either acclimatize or come to terms with an eventual *arrivederci*.

Rome's the birthplace of the Baroque style, so there's art around every corner. First, take a refresher in high school history and spend some time at the city's architectural marvels.

The Colosseum lives up to its name as the largest amphitheater ever built. And because in the earliest 80s (that is to say the 8-0 ADs) it was the venue to which as many as 80,000 bloodthirsty spectators would flock in order to watch gladiators battle.

The ancient Italian equivalent of the National Mall, the Forum, was the heart of Rome's government for centuries. Today it's an incredible place for a sunny stroll, as the landscape is dotted with shrines and monuments to rulers dating back hundreds of years before Julius Caesar.

Neither the Colosseum nor the Forum have withstood the test of time as well as the Pantheon, so for a more complete picture check out this former temple (and now Catholic church). The 2,000-year-old unreinforced concrete dome atop it is still the world's largest, and the building itself is one of the best-preserved from the era.

And now that you're a world traveler, pop into the city-country within the country for a visit to the Vatican. The smallest state in the world (both by size and population) is home to the pope, and there's a whole lot to Holy See, such as St. Peter's Basilica, the Sistine Chapel and the Vatican Museum. You needn't be religious to appreciate the art and ambiance.

The son: Florence

The Tuscan sun shines bright on the artistic standouts that make Florence a tourist mecca. The best-known site in the city is called Cattedrale di Santa Maria del Fiore, but you might recognize its shorthand name, The Duomo.

Ready for a break from church to appreciate some art? While in Florence, make a move to the Galleria dell'Accademia and ponder Michelangelo's masterpiece in marble, David. There are also works by Botticelli and Ghirlandaio on site, as well as the Pietà, which may or may not have been carved by Michelangelo.

The Uffizi Gallery is arguably the most historic in the country, and has been open to the public for over 250 years (compared to New York's Metropolitan Museum of Art, a youngster at 146 years old). They've got your Ninja Turtles (Michelangelo, Raphael and Leonardo), as well as Rembrandt and countless pieces of art you'll recognize even if the artist's name escapes you. An organized tour is definitely your best bet, as it can take up to five hours in line just to get in otherwise during peak season.

Volunteer as tribute?

And the holy ghost: Venice

We're calling Venice "the holy ghost" as this ethereal destination (comprising 118 small islands separated by canals and linked by 400 bridges) is slowly sinking into the ever-rising sea. As such, there's no time like the present to visit.

You'll find Venice's two greatest charmers, Doge's Palace and the Basilica of San Marco, side by side. The Palace's apartments, Opera House and even prisons contain almost 700 years' worth of history and artefacts. St. Mark's, on the other hand, is closer to 1,000; inside you'll find more golden mosaics than all of Trump's Towers combined, and outside in the Piazza San Marco as many pigeons as in all of Central Park.

After a whole lot of walking, treat yourself to a gondola ride along the Grand Canal. This is a great way to get a feel of the place and take a break from the crowds.

The real must-do in Venice, however, is to simply get lost along back alleys and on small bridges. This will no doubt happen even if you do bring a map, and will make for incredible, authentic memories.

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TODAY'S METRO TRAVEL SECTION SPONSORED BY Virgin VACATIONS

How to spend 48 hours in Memphis

Your guide to two amazing days in the Blues City.

Fodor's Travel

It may be the historic birthplace of blues, barbecue, and rock 'n' roll, but Memphis feels anything but antiquated.

Musicians take over Beale Street, the heart of Memphis' arts district. GETTY IMAGES

Day One

Get in a Southern state of mind with a hearty, soulful breakfast at **The Arcade**, Memphis' oldest restaurant, founded in 1919. With its diner façade, lunch counter and shrine to Elvis, it's the perfect spot for digging into filling favorites like sweet-potato pancakes, country-fried steak and sausage.

Next, head to **Sun Studio** to tour the original recording space of rock icons including Elvis Presley, Johnny Cash and Jerry Lee Lewis.

Spend a few hours wandering the halls of the innovative **Brooks Museum of Art**, displaying treasures from early American Modernism and the Italian Renaissance, along with works from regional artists.

In the afternoon, head to the South Main Arts District for a taste of what's truly up-and-coming in Memphis. You'll find vintage clothes and accessories at charming boutiques like **Hoot + Louise** and a supposedly haunted juke box at **Earnestine & Hazel's**, but don't leave without taking a tour of the **National Civil Rights Museum** at the Lorraine Motel, the site of Martin Luther King Jr.'s assassination.

Stax Museum of American Soul Music PROVIDED

Restaurant **Iris** should be on your short list for dinner. Located in a charming Victorian house, the restaurant is overseen by acclaimed chef Kelly English, who shows off his Louisiana roots with heaping portions of roasted marrow bones and his take on surf and turf, a giant New York strip steak stuffed with fried oysters and blue cheese.

After dinner, wander down iconic **Beale Street**, a National Historic Landmark dotted with incredible live music venues.

Day Two

Head to **Brother Juniper's** and fuel up with a country-style breakfast of supersized omelets, tender biscuits, and creamy cheese grits.

No trip to Blues City is complete without a visit to **Graceland Mansion**. Spend an hour or three, depending on your dedication to the King.

Have a late lunch at **Hog & Hominy**, where childhood friends Andrew Ticer and Michael Hudman serve a tasty mashup of Italian-meets-Southern-style cooking. The '50s-era ranch house has a sleek modern interior with an open kitchen that dishes out buzzed-about dishes. Afterward, work off the calories at the restaurant's own bocce ball court.

Soul-music lovers shouldn't resist a visit to the **Stax Museum of American Soul Music** later in the day. The innovative complex tells the story of the pioneers of American soul, with high-tech listening stations, an in-house dance floor, and plenty of memorabilia from the likes Tina Turner and Isaac Hayes.

Make sure your final meal in Memphis is a memorable one: Fill up for dinner on consistently great barbecue at one of **Central BBQ**'s three locations, known for their own famous style of ribs, marinated overnight.

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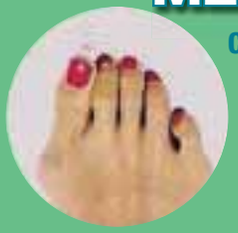

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IRB #s 15-01480 PI: Marya Gwadz, PhD

Kirk Cousins a feasible free agent for Jets

Kirk Cousins' days with the Redskins are all but numbered after the Alex Smith trade, allowing the chance for him to join the Jets this offseason. GETTY IMAGES

After acquiring Alex Smith, the Redskins look as though they'll let Cousins walk.

JOE PANTORNO
joseph.pantorno@metro.us

It's not often you see a blockbuster deal in the NFL, especially in January, but we got just that on Tuesday night when the Kansas City Chiefs sent veteran quarterback Alex Smith to the Washington Redskins for a third-round pick and cornerback Kendall Fuller.

The deal spells the end for Kirk Cousins in Washington as it is clear now that the team will not put the franchise tag on him for a third-consecutive year and instead let him walk in free agency.

Once slated to be the backup to Robert Griffin III, Cousins developed into one of the better pure passers in the league, putting up over 4,000 yards in each of his three seasons as Washington's starter. He had his finest season in 2016, passing for 4,917 yards with 25 touchdowns and 12 interceptions.

Regardless of Cousins' numbers, the Redskins never really seemed committed to the passer despite him holding three of the top-four passing seasons in franchise history.

As expected, Cousins now becomes the most coveted quarterback on the market where the league will see a quarterback in his prime become the subject of a bidding war between plenty of suitors.

Bovada didn't waste any time getting in on this action as they released their odds as to who would sign Cousins.

The current favorite to land him? The New York Jets at 8/5.

Gang Green has been in need of a franchise quarterback for years and Cousins would provide just that for an organization that rolled out Josh McCown as their starter last year. No disrespect for McCown though, who performed admirably during his age 38 season on an offense that was expected to do nothing on paper.

In Jets franchise history, the team has had just one season in which a quarterback passed for over 4,000 yards, which was Joe Namath in 1967. It's pretty clear the kind of shot in the arm Cousins could give this franchise.

The 30-year-old would immediately give the Jets' offense legitimacy and the second-best quarterback in the AFC East behind Tom Brady of the New England Patriots. It also allows the team to focus on other positions of need in the upcoming NFL draft. With the sixth-overall pick, the Jets could draft an upgrade along the offensive line or at wide receiver or cornerback.

They have plenty of cash to flash in order to attain Cousins' services should this get into a Texas-style shootout with around $77.6 million in cap space.

KIRK COUSINS QB RATING BY YEAR

101.6
2015

97.2
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93.9
2017

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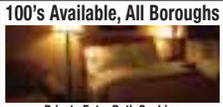

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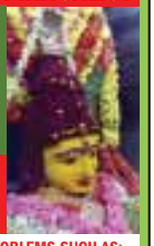

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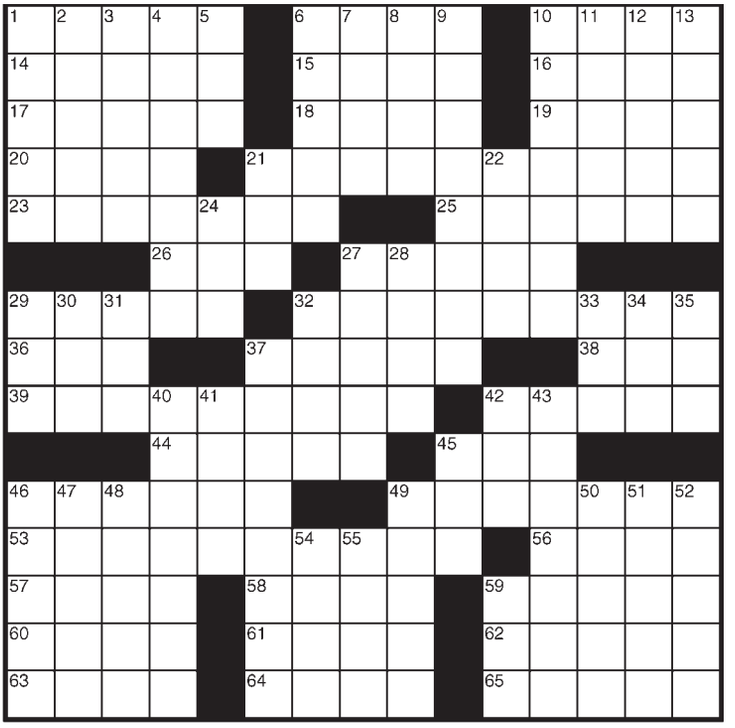

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easy

	7	2			6		1	8
		1	4			9		
9			1			3	4	
2	6							
			3		4			
							2	5
	4	5			3			7
		3			8	6		
1	2		7			8	3	

hard

7	4				9		2	
3				2		8		
		1			3			
8			4		1		6	7
	1						4	
4	6		2		5			9
			7			9		
		9		5				6
	3		6				5	8

metro.us/horoscopes

Aries Change is good, but don't go overboard. Don't let anyone talk you into something that will leave you in debt or cause you stress. Choose to do things your way.

Taurus your assets and personal information. Stress will lead to health issues if you don't take time to chill out and regroup.

Gemini Keep your life simple and live within your means. Gauging what you can do and being realistic will take discipline and moderation.

Cancer Concentrate on your relationships. Whether personal or professional, getting along and trying to understand someone else's logic will help you move forward.

Leo Someone from your past will let you down. Don't get angry. Channel your energy into personal accomplishments and gains if you want to have the last laugh.

Virgo Your emotions will set the stage for the way your relationships will unfold. Don't let anger supersede patience and common sense. Self-deception will lead to loss.

Libra Think twice before you agree to help someone asking for favors. The story you are being told is not something you should be part of. Offer advice, nothing more.

Scorpio Changes at home may not be to your liking. Don't let your emotions take the reins, or act on an assumption you have made. Be willing to compromise.

Sagittarius Plan a trip with a loved one. It doesn't have to be costly; just romantic and geared toward providing time to talk about your joint future.

Capricorn Buying items you don't need will put a kink in your cash flow. Don't feel pressured to show how much you care for someone by purchasing lavish gifts.

Aquarius Partnerships are highlighted. Make personal changes that will help you look and feel good. Moderation will be necessary, and romance is encouraged.

Pisces Refuse to let anyone upset you. Anger will not help sort out a financial, emotional or health issue. Calm down and take one step at a time.

Yesterday's answers

S	P	E	E	D			S	T	I	R		P	A	N
A	I	S	L	E		C	A	R	N	E		O	R	E
I	N	T	E	L		E	X	U	R	B		L	E	I
L	E	A	C	H	E	D			E	A	S	I	N	G
			T	I	R	A	D	E			U	T	A	H
T	H	O	R		G	R	E	A	T	A	P	E	S	
N	A	D	I	R		S	C	R	I	M	P			
T	H	E	F	T	S				C	A	L	L	A	S
			Y	E	A	R	N	S		H	E	A	L	S
	W	H	I	S	P	E	R	E	D		M	D	S	E
D	E	A	N			V	A	C	A	T	E			
R	A	N	G	E	D			E	M	E	N	D	E	D
A	V	G		W	I	P	E	D		A	T	A	R	I
P	E	A		E	M	I	L	E		S	A	H	I	B
E	R	R		R	E	E	F			E	L	L	E	S

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